

## Cross Country Running

- short season
- forces coaches to use aggressive training techniques
- establish high  $VO_2$  quickly
- Typical training involves hill-work
- Adjusts stride length and timing of heel strike
- Fatigues muscles not normally relied on

Sep 27-10:02 AM

## Piriformis

## Location

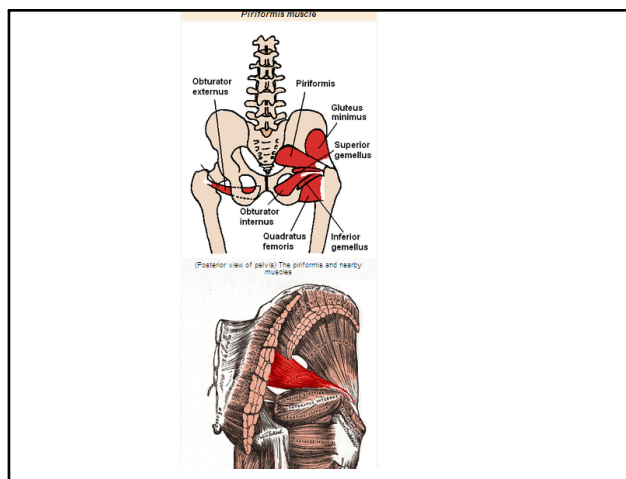
The piriformis is a flat muscle, pyramidal in shape, lying almost parallel with the posterior margin of the gluteus medius.

## Action

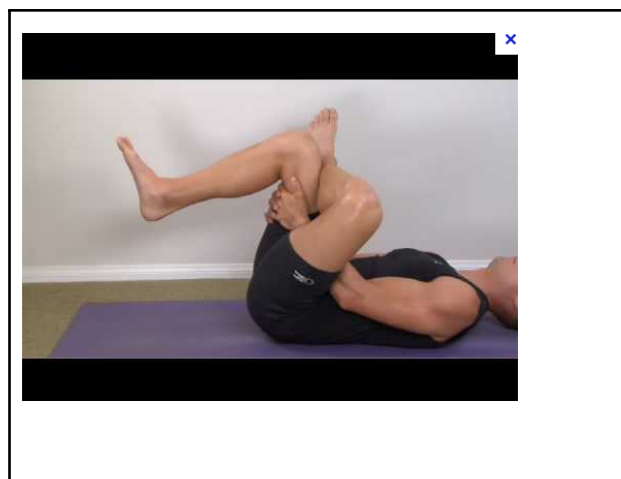
The piriformis laterally rotates the extended thigh and abducts the flexed thigh.

## Injury:

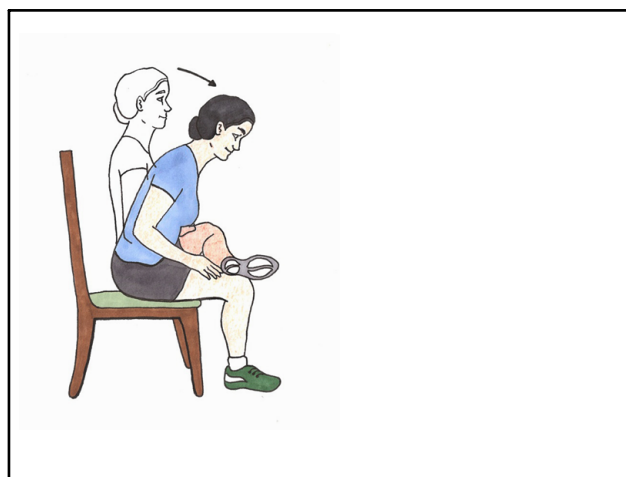
Sep 27-10:09 AM



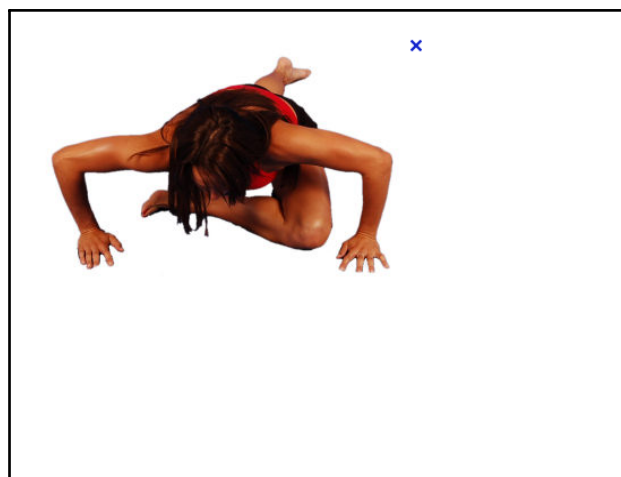
Sep 27-10:12 AM



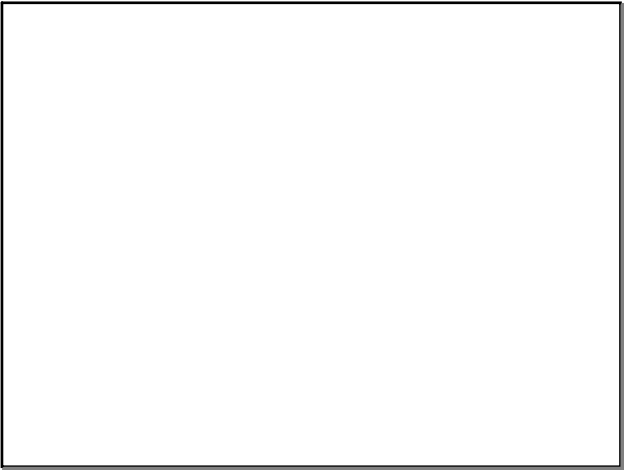
Sep 25-1:27 PM



Sep 25-1:30 PM



Sep 25-1:31 PM



Sep 25-11:19 AM